

**MENTAL HEALTH STATUS OF WOMEN IN LAMJUNG AND
DHANUSHA OF NEPAL**

A Dissertation

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PSYCHOLOGY

Submitted by

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LETTER OF RECOMMENDATION

We certify that this dissertation entitled **Mental Health Status of Women in Lamjung and Dhanusha of Nepal** was prepared by Kabita Raj Cadel under our guidance. We hereby recommend this dissertation for final examinations by the Research Committee of the Faculty of Humanities and Social Sciences, Tribhuvan University, in fulfillment of the requirements for the Degree of Doctor of Philosophy in Psychology.

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DECLARATION

I Hereby, declare that this PhD Dissertation entitled **Mental Health Status of Women in Lamjung and Dhanusha of Nepal** submitted to the office of the Dean, Faculty of Humanities and Social sciences, Tribhuvan University is an entirely original work prepared under the guidance of my supervisor and Co-Supervisor. I have made due acknowledgement to all ideas and information borrowed from different sources in the course of writing this dissertation. The results presented in this dissertation have not been presented or submitted anywhere else for the award of any degree or for any other reason. No part of the content of this dissertation has ever been published in any form before. I shall be solely responsible if any evidence is found against this declaration.

Kabita Raj Cadel

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DEDICATION

I dedicate this dissertation to my beloved Grandmother Late Bandana Karki and my parents, Devendra Raj Kandel and Late Gaura Raj Kandel for their endless love, support and encouragement throughout my life.

I hope this achievement will fulfill the dream they envisioned for me.

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ABSTRACT

Variation in psychosocial problems related to geographical situation, socio-cultural conditions, religions, economic status, political situation and biological make-up the status of women's mental health has been questioned in Nepal. The purpose of the present study was to document and analyze mental health status of women. Along with this the influence of demographic variables on women's mental health, association between psychological and sociocultural factors in relation to women's mental health condition was also analyzed. An explorative and descriptive approach was applied to women living in plain region (Dhanusha) and Hilly (Lamjung). Both quantitative and qualitative method was applied with 460 adult women of age ranging from 19 to 60 years. Mental Health Inventory, PGI-Social Support Questionnaire, and WHO Quality of Life-Brief were applied to 400 women representing two regions. Further, 60 women were interviewed with KII, FGD methods to collect qualitative information in relation to dimensions of mental health. Descriptive as well as inferential statistics were used to analyze the quantitative data and an inductive method was to analyze the qualitative data. The triangulation process was utilized to reconcile the quantitative and qualitative result to bring out the major findings.

The overall result showed that the Mental Health Status (MHS) of women was very low. The MHS was found 78% indicating very low mental health. Prevalence of mental health condition differed in two regions (Lamjung and Dhanusha). The status of mental health was found higher in Hill (Lamjung) than Tarai (Dhanusha) area with score of 145.29 in Hilly area and 135.21 in the Tarai area. Significant difference was also found in MHS and socio economic status, caste and ethnicity and religion. mental health status was found higher in upper and medium socio-economic class than lower

group. A significant difference was also found in caste and ethnicity, Madhesi, Janjati and Brahman/Chhetri castes no almost any difference between Dalit and Madhesi caste, and Janjati group and Brahmin and Chhetri castes. Social support and quality of life were significantly and positively correlated with mental health score. The qualitative findings explore the various sociocultural environments shaping the cognition and behavior regarding the mental health experience of women. The result, a holistic framework, provides an important implication for women's mental health area in relation to socio-demographic, sociocultural and psychological factors.

Keywords: Mental Health, Psychosocial, Social support, Quality of Life, Women, Culture

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ACRONYMS AND ABBREVIATIONS

ANOVA	Analysis of variance
APA	American Psychological Association
AT	Autonomy
BCI	Brief Cope Inventory
CBS	Central Bureau of statistic
CEDAW	Convention on Elimination on the Discrimination Against Women
CEDAW	Convention on the Elimination of Discrimination against Women
DSM	Diagnostic and Statistical Manual of Mental Disorder
DSM	Diagnostic Statistical Manuals
EC	Environmental Competence
EM	Environmental masterly
FGD	Focus Group Discussion
GOA	Group Oriented Attitude
HDI	Human Development Index
IP	Integration of personality
KII	Key Informant Interview
MHI	Mental Health Inventory
MOHP	Ministry of Health and Population
MOHP	Ministry of Health Profile
NDHS	Nepal Demography and Health Survey
NLSS	Nepal Living Standard Survey
PPD	Post-Partum Disorder
PR	Perception of Reality

PSE	Positive Self-evaluation
PTSD	Post Traumatic stress disorder
QOL	Quality of Life
SDQ	Socio Demographic Questions
SES	Socio Economic Status
SPSS	Statistical Package for Social Science
SBBV	Sexual and Gender Based Violence
SSQ	Social Support Questionnaire
UNDP	United Nation Development Programmed
VDC	Village Development Committee
WHO	World Health Organization
WHOQOL	World Health Organization Quality of Life